

# Fraser Lake Newsletter



## Session 3



### Olympic spirit lights-up Fraser Lake

The Olympic torch's heroic voyage has seen it reach the top of Everest, climb the Great Wall and of course visit Fraser Lake Camp in Bancroft, Ontario.

With the Beijing games only a fortnight away, the Fraser Lake Olympics were held as a pre-cursor to the biggest sporting event in the world.

Eight countries competed to take home the honour of being crowned

Olympic champions.

After the opening ceremonies at which the torch was lit, the crew from Botswana (Blue) dominated and took home first prize.

"We just gelled and started clicking as a unit," said counsellor Glen Robitaille.

Botswana really marked its territory in the water events, where they cleaned-up in the dragon boat race and synchronized swimming.

"It's kind of bizarre that we won the water events because we are a landlocked country," said counsellor Andrew

Klumpenhauer. "It's sort of like Jamaica almost winning the Bobsled."

Andreas turned in the most memorable individual performance with a

long jump of 16.5 feet for Somalia.

The other events were basketball, relay race, trivia, dance and archery. Somalia finished a close second.



The Fraser Lake Olympic torch (above) is lit before the start of the Olympics, where Botswana took home gold.

### Waterfront receives major face lift

If you managed to make your way to Fraser Lake Camp's waterfront this year, you probably noticed a couple new items lining the shore.

First, there is the new water trampoline, which has sent both campers' spirits and bodies flying this year.

"You go so high. It's so much fun," said Emily

from the Raccoons Cabin. When asked how high she was sent in the air, Emily smiled and said, "really high."

The trampoline comes with a "blob" that launches campers high into the air before they descend into the depths of Fraser Lake.

As well, the new floating dock has made good friends with those who enjoy sun soaking in their free time.

"It's just a nice place to relax," said Paulina, Pine Lodge's counsellor

Finally, a fresh shipment

of sand has made playing on the terraces so much more comfortable.

"We want to make our

waterfront as fun as possible for campers," said camp director Eric Musselman.



The new trampoline (above) has sent campers soaring to huge heights.

# Q & A with the Camp Director

Eric Musselman sat down and answered questions about camp, himself and his family.

**Q: What are some new things you are excited about?**

A: We have made a lot of improvements to the waterfront, with a new water trampoline and a new dock. Also, the spirit for wide game is much better with the new colour team flags.

**Q: What were the highlights from Session 1?**

A: We had a lot more campers this year. The medieval theme dinner was a lot of fun. The air bands evening was very funny and interesting to see. But I was most excit-

ed that every camper who was there seemed to get excited by camp.

**Q: What makes camp so special?**

A: I think camp in general is special because it is counter cultural. It gives kids a chance to go against the grain of what they normally do. Away from video games movies and other things. By taking those things away the focus changes to community living with complete strangers and trying to make that work. Camp promotes making humans the way they were meant to be.

**Q: What's the key to a successful camp?**

A: A great staff. We

could have all the nicest toys in the world but if we have staff who are not genuine; who don't have good character and are more interested in themselves than others then we wouldn't get very far.

**Q: Could you tell me a little about your family?**

A: I'm very into my fami-

ly with three young kids. who are suddenly approaching the age of coming to camp and mom and dad are little nervous about that stage. It's a difficult balance to try and take care of 120 of other people's children while still having time to take care of my own.



Eric Musselman taking care of the camp family.

## Recipes from the Camp Kitchen

### Chocolate haystacks sooth soul

When chocolate haystacks are wheeled out for dessert at Fraser Lake Camp, campers and staff go wild.

The tasty treat is perfect to try making at home because it is so easy. Haystacks are commonly referred to as no-bake-cookies.

#### Instructions

1. Combine sugar, cocoa, butter and milk in a sauce pan and bring to boil.
2. Add vanilla, remove from heat and add the rest of the ingredients.
3. Spoon onto wax paper and chill.

Makes 4 dozen

### Chocolate Haystacks

- 2 cups sugar
- 6 Tbsp cocoa
- 1/2 cup butter
- 1/2 cup milk
- 1/2 tsp vanilla
- 1 cup coconut flakes
- 3 cups oatmeal



## Camper Corner

Most campers come to Fraser Lake Camp to try and learn new skills; Anne-Julie and Justine are no different.

The pair, who hail from Quebec, came to camp because they wanted to learn English.

"My English improved a little bit over the week," said Anne-Julie.

Fraser Lake not only provided the opportunity for Anne-Julie and Justine to learn English, but also the chance to make friends and have fun learning program area skills.

"I really loved my cabin," said Justine, who stayed in Sunshine Villa with Anne-Julie. "Our counsellors were very funny and we all got along really well."

Anne-Julie said it was funny when the counsellors would try and speak French. "They tried but they not really good at speaking it," she said.

The girls said that reaching the top of the 20 foot climbing tower was a highlight for them.

They also said that campfire was really amazing. "*If I Had a Boat*' was my favourite song," said Anne-Julie. "But I liked the ones with French words a lot."

The two were not looking forward to the six-hour drive home to Quebec City.

"That's the whole day," said Justine. "I don't want to leave."

As they waved goodbye out the Fraser driveway, they said they would be back next year.

## Riptide Rumbles

The Fraser Lake Camp Wide Game League saw its most dominant team of the summer Session 3. It was the blue team, Riptide, who convincingly captured the Wide Game crown.

It's Riptide's second

title of the summer. A breathtaking display in bucketball, followed by total dominance in dodge ball paved their way to the title.

As the icing on the cake, the Blue team won the Olympics.

## Wide Game Standings

	Wins	Losses
Riptide	3	1
Chinook	2	2
Tremor	1	3
Inferno	1	3

## Registration for 2009

Opens November 1st

Please visit our website for more details

[www.fraserlakecamp.com](http://www.fraserlakecamp.com)

# Leaders of Tomorrow

## CITs learn how to be a counsellor

Fraser Lake was home to an extremely tight group Session 3.

Most of the time they could be located at Harrison Lodge learning the ins and outs of the counsellor trade; at waterfront chilling and goofing around; and randomly across camp performing team building activities.

They were the counsellors in training. Over 50 per cent of the Fraser Lake staff once completed the CIT program.

It runs a total of one



The CITs (above) buckled down for two weeks and learned the basics of what it takes to be a counsellor.

month. During that time the CITs spent two weeks together as a group being trained and two weeks in cabin with the kids.

Camp director Eric Musselman said it's the

most important program at the camp because it has the most impact in shaping what Fraser Lake is going to be in the coming years.

Thomas said he was a

little bit nervous before coming to camp, but after the CIT program he feels ready to be a counsellor.

"The two weeks of training really made me feel confident going into cabin," he said.

The best part of the program, Thomas said, was getting to know the group. "We are with each other so much; you have to get to know everybody really well," he said.

It was Colleen's first time at Fraser Lake Camp. She said the first two weeks of CIT taught conflict resolution skills, as well as team building skills. "I feel like I can use these skills for the rest of my life," she said.

## Volunteer lends helping hand

Every year at Fraser Lake Camp, there are unsung volunteers that help the camp run smoothly. Gaynette Friesen is one of them.

She volunteered in the kitchen Session 3 and said she had a great time.

A mother of 2, Gaynette said she wanted her children to have the same camp experience as she did when she was a child.

Her dad was a camp director and she said she ended up sleeping in a tool shed.

"My mother was furious," she said.

Gaynette called Fraser Lake Camp Director, Eric Musselman, and asked if she could volunteer.

Although she listed all of her wonderful skills, Eric said that her help would be best served in the kitchen.

Gaynette obliged and helped to liven-up the Fraser kitchen with her dry sarcastic humour.

"It was a great week. I had a lot of fun," she said. "I now know what Carpel

Tunnel Syndrome is."

Her camp highlights, however, happened outside of the hot kitchen.

Swimming, paddling and star gazing, Gaynette said, is what she enjoyed the most. "I taught a whole bunch of constellations to kids. I showed them Jupiter, the North Star and the Ice Cream Cone," she said. "It was just really rewarding to see how excited they were to learn something."

When asked to describe her most authentic kitchen

experience, Gaynette said baking muffins until midnight because they had to be ready the next morning.

"You have to work really hard in the kitchen," she said.

It was all worth it because she got to live amongst the rocks and the trees, she said.

"Rocks and trees; that's what I like best about Canada," she said.

Gaynette said she hopes her children want to return next year.